I claim:

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1. A forehead support adapted to be secured to an extension of a respiratory mask, said forehead support comprising the following elements:

a bridge, said bridge being adapted to receive at least one forehead pad, said bridge having a first and second securing means and a first and second end;

an arm, said arm securing said bridge to said extension of said mask, said arm having a first and second end, said first end having a first attaching means which is adapted to secure to said first securing means in a first position to said first end of said bridge, said second end of said arm having a second attaching means which is adapted to secure to said second securing means in a first position to said second end of said bridge;

said first securing means having at least two positions which may receive said first attaching means;

said second securing means having at least two positions which may receive said second attaching means.

- The forehead support of claim 1 wherein said first and second attaching means comprises at least two pins at the terminal end of said first and second arms.
- The forehead support of claim 2 wherein said first and second securing means use a plurality of slots to receive said pins.

- The forehead support of claim 1 wherein said arm is a two-piece structure.
- 5. The forehead support of claim 2 wherein each of said arms has a space extending transversely a partial length of said arms.
 - 6. The forehead support of claim 1 wherein there are two pads.
- 7. The forehead support of claim 1 wherein said first and second securing means is a slot extending across said bridge.
- The forehead support of claim 1 wherein said extension is an airflow tube.
- The forehead support of claim 1 wherein said mask is a full face mask.
- 10. The forehead support of claim 1 wherein said mask is adapted to treat a sleeping disorder.
- 11. The forehead support of claim 1 wherein the first and second securing means are different means.
- 12. The forehead support of claim 1 wherein the arms wrap tightly around an airflow tube which extends into said mask.
- 13. The forehead support of claim 1 wherein said extension is on said mask.
- 14. The forehead support of claim 1 wherein adjusting said arm adjusts the angle the mask makes vis-à-vis the user's face.

15. A respiratory mask to be worn by a patient, said mask having a forehead support secured to an airflow tube entering said mask, said forehead support comprising the following elements:

a bridge, said bridge being adapted to receive at least two forehead pads at an obtuse angle, said bridge having a plurality of pin receiving slots at a first and second bridge end, said pin receiving slots defining a first and second position at each first and second bridge end;

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first and second arms, said arms securing said bridge to said extension of said mask, said arms having a first and second end, said first arm end having a pair of engageable pins adapted to secure to said first and second position to said first end of said bridge, said second end of said second arm having a pair of engageable pins adapted to secure to said first and second position to said second end of said bridge.

- 16. The forehead support of claim 15 wherein each of said arms has a space extending transversely a partial length of said arms.
 - 17. The forehead support of claim 15 wherein there are two pads.
- 18. The forehead support of claim 15 wherein said mask is a full face mask.
- 19. The forehead support of claim 15 wherein said mask is adapted to treat a sleeping disorder.
- 20. A forehead support adapted to be secured to an extension of a respiratory mask, said forehead support comprising the following elements:

a bridge, said bridge being adapted to receive at least one forehead support, said forehead support extending across two planes of a patient's forehead and contacting said two planes at a first and second contact point; said first contact point of said support being at an obtuse angle with said second contact point;

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a fastener; said fastener securing said bridge to said extension of said mask.

- 21. The support of claim 20 wherein said bridge has a first and second pad at said first and second contact point.
 - 22. The support of claim 20 wherein said extension is part of said mask.